

## CLAIMS

We claim:

1. A jack assembly comprising:
  - 5 an elevating subassembly movable between an extended position and a retracted position;
  - 10 a frame supporting the elevating subassembly and including a pair of elongated, generally planar side members, the pair of side members being in spaced-apart relation, each of the side members having a first end, a second end, and a body portion extending between the first end and the second end, each side member having an inner surface facing the elevating subassembly and extending along the length of the side member and an outer surface in opposite facing relation to the inner surface and extending along the length of the side member;
  - 15 a rolling member at or near the first ends of the side members;
  - 20 at least one positioning handle fixed to the outer surface of one of the side members at a location intermediate the first and second ends, the positioning handle having a grasping portion spaced from the outer surface of the side member and extending along a portion of the length of the side member; and a lifting handle fixed to the frame and connected between either the respective first ends of the side members or the respective second ends of the side members.
- 25 2. The jack assembly of claim 1, wherein the jack assembly is capable of lifting at least 2,000 pounds and weighs less than about 60 pounds.
- 30 3. The jack assembly of claim 1, wherein the lifting handle is rigidly fixed to the frame and is generally "U" shaped.
4. The jack assembly of claim 1, wherein the lifting handle is connected to the frame at or near the rolling member.

5. The jack assembly of claim 1, further comprising a second lifting handle opposite the first lifting handle and connected between the other of the respective first ends of the side members or the respective second ends of the side members.

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6. The jack assembly of claim 1, further comprising a second rolling member at or near the second ends of the side members.

7. The jack assembly of claim 1, wherein the jack assembly defines a center of gravity aligned with a longitudinal axis of the jack assembly, and wherein the lifting handle includes a grasping portion having a midpoint, the midpoint also being aligned with the longitudinal axis.

8. The jack assembly of claim 1, wherein the lifting handle is configured and positioned to enable a user to lift and carry the jack assembly with a single hand, without causing twisting of the user's hand and wrist.

9. The jack assembly of claim 8, wherein the jack assembly weighs less than about 60 pounds.

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10. The jack assembly of claim 1, wherein the lifting handle is connected to the side members via first and second mounts, and wherein each of the mounts supports a caster to facilitate rolling movement of the jack assembly.

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11. A jack assembly comprising:
- an elevating subassembly movable between an extended position and a retracted position;
- 5           a frame supporting the elevating subassembly and including a pair of elongated, generally planar side members, the pair of side members being in spaced-apart relation, each of the side members having a first end, a second end, and a body portion extending between the first end and the second end, each side member having an inner surface facing the elevating subassembly and extending along the length of the side member and an outer surface in opposite facing relation to the inner surface and extending along the length of the side member;
- 10           an actuating arm removably connected to the elevating subassembly between the side members;
- a first rolling member connected between the respective first ends of the side members;
- 15           a lifting handle including a mount fixed to the frame and a grasping portion connected to the mount to extend at least partially between the first and second side members, the mount connected to the outer surface of one of the side members at or near the second end;
- 20           a second rolling member connected to the mount to facilitate rolling movement of the jack assembly; and
- a pair of positioning handles, each of the handles being fixed to the outer surface of a respective side member at a location along the length of the side member and intermediate the first and second rolling members, each handle having a grasping portion spaced from the outer surface of the respective side member and extending along a portion of the length of the side member.

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12. The jack assembly of claim 11, wherein the lifting handle has two mounts, each mount connected to the outer surface of respective side members at or near the second ends, the grasping portion of the lifting handle being connected between the first and second mounts.

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13. The jack assembly of claim 11, further comprising a second lifting handle opposite the first lifting handle and connected between the respective first ends of the side members.

14. The jack assembly of claim 11, wherein the jack assembly is capable of lifting at least 2,000 pounds and weighs less than 60 pounds.

15. The jack assembly of claim 11, wherein the jack assembly defines  
5 a center of gravity aligned with a longitudinal axis of the jack assembly, and wherein the grasping portion of the lifting handle has a midpoint, the midpoint also being aligned with the longitudinal axis.

16. The jack assembly of claim 11, wherein the lifting handle is  
10 configured and positioned to enable a user to lift and carry the jack assembly with a single hand, without causing twisting of the user's hand and wrist.

17. The jack assembly of claim 16, wherein the jack assembly weighs less than about 60 pounds.

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18. A method of lifting and carrying a jack having a generally rectangular frame with opposed, spaced-apart elongated sides and opposed, spaced-apart shorter sides, one of the shorter sides including a lifting handle and the other of the shorter sides including a rolling member, the method comprising:

5           grasping the lifting handle with a single hand;

          lifting the jack assembly via the lifting handle such that the other of the shorter sides rolls toward the user along a supporting surface via the rolling member;

10          lifting the jack assembly such that the rolling member loses contact with the supporting surface; and

          carrying the jack assembly such that the elongated sides are oriented generally vertically with respect to the support surface and such that the user's hand and wrist experience substantially no twisting.

15          19. The method of claim 18, wherein the lifting handle includes a midpoint generally aligned with a center of gravity of the jack assembly, and wherein grasping the lifting handle with a single hand includes grasping the lifting handle generally at the midpoint such that when carrying the jack assembly, the center of gravity is aligned with and below the user's hand.

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